When Should You Wash Your Hands?

Did you know? Hand washing with soap and water can reduce sickness by up to 45%.

Try This!
Sing The Hand Washing Song below to the tune of Frere Jacques. This song lasts about 20 seconds, the amount of time you should spend washing your hands.

Lather with soap
Rub your palms together
Now the backs of your hands
Interlace your fingers
Cleaning in between them
Now the thumbs
Clean your nails

After taking out the trash or recycling
After using the toilet
After playing
After riding on the bus
Before cooking or preparing food
After sneezing, wiping your nose, or being around someone who is sick
After taking care of your animals
Before eating